

ABLE Bodies Participant Homework for Session 9

From now on, flexibility and strength homework will stay the same.

Flexibility

- Seated Whole-Body Stretch—do some stretches standing, as able and comfortable.

Strength for a Purpose

On 2 days, do each exercise 8 to 12 times, as tolerated.

- Tall Sits—See homework from session 1.
- Teeter-Totter Chair Stands, one-legged style—See homework from session 4.
- Standing Heel Raises—See homework from session 5.
- Side Steps Walking or Clock Stepping—See homework from sessions 6 and 8.

Balance and Mobility

Use your imagination to make your own fun balance practice. Maybe there were some activities from class you'd like to practice. Here are some suggestions:

- Pick out some lines on the carpet or in the floor near a wall or handrail, and walk along them the same way you would walk the lines in class. Remember to look ahead instead of down and use good posture and core stability.
- Do some Belly Button Training

BELLY BUTTON TRAINING—BELLY SWAYS

The Start

- Stand tall with your feet shoulder-width apart, your weight equally distributed on each foot, and your torso braced.
- Drape a Thera-Band over one hand so that it hangs to the floor. When your weight is equally distributed, the band should touch the floor between your feet.

The Moves

- Drag your belly button left. No leaning! Your whole torso moves left.
- Return your belly button back to center.
- Move your belly button right.
- Repeat sways several times.

